



## Break out the greens

Spring calls for a classic Greek salad with fresh ingredients PAGE 19

# UNDERDOG ON TOP

TRUDEAU DEALS BLOW TO BRAZEAU  
AND CANCER IN RING RUMBLE  
FOR CHARITY PAGE 7



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Monday, April 2, 2012

News worth sharing.

# Nuclear-waste site eyed at Chalk River

**Underground.** AECL says most quakes in the area are small, but Natural Resources says there have been three significant quakes, the most powerful near Temiscaming in 1935, at 6.2 on the Richter scale

The federal government is eyeing the Chalk River nuclear reactor site, 160 kilometres northwest of Ottawa, for an underground radioactive-waste storage site.

Atomic Energy of Canada Ltd. (AECL) says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site, the product of 60 years of research. The radioactive waste is expected to grow to

360,000 cubic metres by 2100 — enough to fill 106 Olympic swimming pools now, and 144 by the end of the century.

The compound would consist of shafts, access tunnels and as many as 223 storage rooms. A document posted on a website advertising government contracts outlines the proposal.

AECL began looking at the site as a nuclear burial ground six years ago.

"No features have been found to disqualify the bedrock of the Chalk River laboratories site from hosting a GWMP (geologic waste-management facility)," the document says.

"The bedrock of the Chalk River laboratories site below a depth of 400 to 500 metres appears to have a good potential to safely host a GWMP for Chalk River laboratories' (low- and intermediate-level radioactive waste), although the work to date is premature

in nature."

Ottawa Riverkeeper, a local conservation group, meets regularly with AECL to talk about the health and safety of the waterway. The group's executive director, Meredith Brown, said there is always some chance radioactive material could leak into the Ottawa River.

"There's always a chance (of a leak)," Brown said. "I guess it depends largely on how they build it, right? I mean, obviously they're going to have to build it to handle any seismic activity in the area."

The site is in the Western Quebec seismic zone, an earthquake belt surrounding the Ottawa Valley from Montreal to Temiscaming, Que., as well as the Laurentian mountains and parts of Eastern Ontario.

No one from AECL was available for an interview.

THE CANADIAN PRESS



## FEIST RAKES 'EM IN

Feist accepts the Juno Award for artist of the year at the gala in Ottawa Sunday night. The singer-songwriter also won awards for adult alternative album of the year for her fourth disc, *Metals*, and music DVD of the year for her documentary *Look at What the Light Did Now*. FRED CHARTRAND/THE CANADIAN PRESS

### Sens clinch playoff spot

5-1 drubbing of Islanders ensures post-season berth  
PAGE 20

### Pass the bucket

You're not the only one who's sick of *My Heart Will Go On* PAGE 11

### Suu Kyi on the verge

If confirmed, election win will send Nobel laureate to Myanmar parliament PAGE 6

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NEWS

On the web

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Metro's thrilled to launch our new website with a reimagined, cleaner design and more content, including more special features, from our team of staff across the country. In addition to the many changes at metronews.ca, we've launched sleek new native apps for iPhone, iPad and Android. Be sure to download them and then head to metronews.ca.

**Transit.** Mayor credits OC Transpo GM John Manconi with renewed effort to build 'an environment of trust and respect' with drivers



STEVE  
COLLINS  
steve.collins@metronews.ca

Mayor Jim Watson says a tentative contract deal reached with the transit union last Friday night — just ahead of the expiry of their current contract on Saturday — is evidence the city's relationship with ATU 279 has improved.

"I think the relationship between the city and the union pretty much hit rock bottom with the last strike a few years ago," he said.

"I certainly was determined when I ran for mayor that we would work hard to get a deal that was fair to the workers, the passengers and the taxpayers."

"I'm very confident that we've landed on such a deal that I'm going to recommend to our council."

New transit boss John Manconi took a hands-on role in negotiations, Watson said, adding that this was the first time in 23 years they've reached an agreement before the expiry of the previous

contract, and the first time in eight years it didn't go to either arbitration or a strike.

"The strike really did hurt a lot of people," Watson said.

"It hurt passengers, small businesses, the workers themselves, and I was determined that we were going to turn the page and do our best to improve relations."



## National women's hockey team players revealed

Forward Natalie Spooner, left and defenceman Laura Fortino right made the cut as Canada's National Women's Hockey Team revealed its 28-player final roster in Ottawa yesterday for the 2012 IIHF Women's World Championship in Burlington, Vt. They made the team after a six-day selection camp in Ottawa, including several practices, two games against Midget AAA boys' teams and Saturday night's pre-tournament game between Canada and the United States. The rest of the team lineup can be seen at [hockeycanada.ca](http://hockeycanada.ca). STEVE COLLINS/FOR METRO

Mobile news



Provocative new research might help explain why black women are more likely than white women to develop and die from cervical cancer. Scan the code for the story.

## Drunk driving. Bail granted to driver accused in fatal St. Patrick's Day crash



Jeremy Rees, left.  
MIKE CARROCCETTO FOR METRO

A man accused of drunkenly running down and killing a mother of two as she walked home from a St. Patrick's Day party in Constance Bay has been granted bail.

Jeremy Rees, 23, was released Friday after he posted a \$5,000 bond and a surety posted an additional \$25,000. Rees is charged with impaired driving causing death, criminal negligence causing death and failing to remain at the scene of a collision on Bayview Drive that killed Erin Vance, 26. He is to appear in court again on April 19. METRO

### Man thrown from car

#### Head injuries

A 37-year-old man suffered serious head injuries Saturday night when he was thrown from his car in a single vehicle rollover on Phelan Rd east of First Line Road.

METRO

### Rescue

#### Cyclist heart attack

A 45-year-old cyclist was rescued by three doctors Saturday afternoon when he suffered a heart attack on a bike path near Wellington and Bay streets.

METRO

## Crime. Police mum on whether handgun murder-related

Ottawa Police have located a firearm during their investigation into a fatal shooting on Dynes Road, but police have not said if the gun is the one that was used to kill Peyman Hatami, 31.

Hatami's body was found Thursday afternoon in a parking lot next to the Asia Garden Chinese restaurant.

Staff Sgt. Bruce Pirt of the major crimes unit said on Sunday that police continue to investigate, but have not made any arrests in the homicide.



Police crime scene.

JOE LOFARO/METRO

An autopsy was scheduled for Saturday. Police say the incident does not appear to be random. METRO



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## Swan parade draws swarms of soaked spectators

A herd of swans and Chinese geese make their way from their winter home to the Avon River during the annual Swan Parade in Stratford, Ont., Sunday. Thousands of spectators lined the route in the rain to see the spring ritual. **DAVE CHIDLEY/THE CANADIAN PRESS**

### Future funds

#### Ontarians urged to save for retirement

Middle-class families must save more for their retirement, or risk suffering a big shock in their golden years.

The Ontario government plans to repeat that warning during the coming months

as Ottawa raises the eligible age for old age security to 67, postponing existing benefits for two years. Few Canadians are saving enough money for their retirement, which will put more pressure on their families and provincial health and welfare budgets once they reach old age, Ontario Finance Minister Dwight Duncan said.

**THE CANADIAN PRESS**

### Coffee crazed

#### Drive-thrus cause traffic jams?

Canadians lining up in their cars for a Tim Hortons fix are causing traffic snarls and headaches in cities across the country.

The problem has become so bad in Saskatoon that one

city councillor has proposed a ban on all future drive-thrus.

City transportation manager Angela Gardiner said the dilemma was brought up at a national transportation engineering conference last year. Traffic numbers for Tim Hortons drive-thrus greatly exceed the average for other fast-food outlets in Canada.

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# Potato farmer home from Lebanese jail

### Seeking extradition.

N.B. man's lawyers, family expressed concerns about his deteriorating health

### Political inaction?

A number of public appeals and meetings were held to push for Tepper's return.

- **Legal limbo.** Diane Ablonczy, Canada's minister of state of foreign affairs, issued a statement saying the federal government has been working behind the scenes to get Tepper released.

After more than a year in a Lebanese jail, Henk Tepper is finally home.

"I'm happy to be home," the New Brunswick potato farmer told a throng of reporters as he left the customs area at the Ottawa airport Saturday.

Tepper, who is in his mid-40s and from Drummond, N.B., has been in custody in Beirut since March 23 of last year.

He was picked up on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A source close to Tepper says an Interpol red notice issued by Algeria remains in effect and the notice says he could face up to five years in prison if convicted of the allegations.

Tepper's lawyers have denied all of the allegations, saying the potatoes were inspected in Canada before shipment and

met Algerian standards.

Algeria also alleges that Tepper forged documents related to the export of potatoes from Quebec and Prince Edward Island.

Tepper was arrested in Lebanon when he travelled to the Middle East on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

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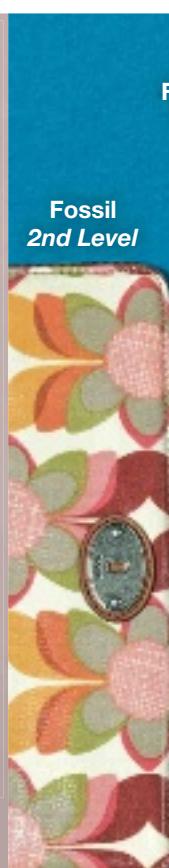
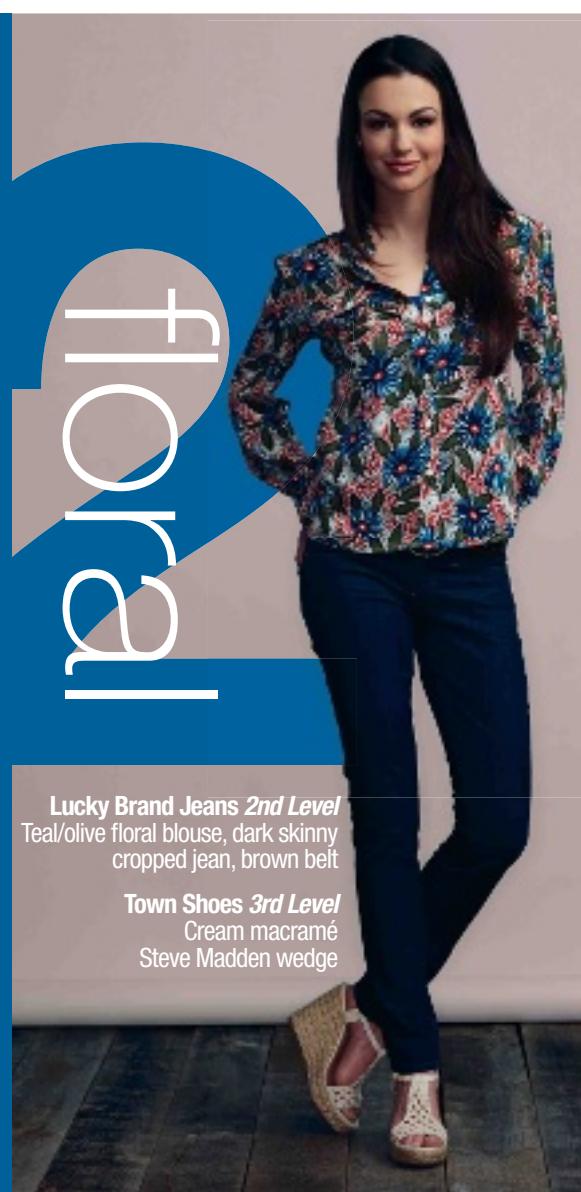
## SPRING MUST-HAVES THAT WILL GET YOU NOTICED

It must be spring: petals are popping up all over!

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# Aung San Suu Kyi wins seat in Myanmar's parliament

**Election.** Supporters celebrate as iconic democracy campaigner wins political office

She struggled for a free Myanmar for a quarter-century, much of it spent locked away under house arrest. Now, the Nobel Peace Prize laureate whose non-violent campaign for democracy at home transformed her into a global icon is on the verge of ascending to public office for the first time.

Aung San Suu Kyi, 66, was elected to Parliament Sunday in a historic victory buffeted by the jubilant cheers of supporters who hope her triumph will mark a major turning point in a nation still emerging from a ruthless era of military rule.

If confirmed, the election win will also mark an astonishing reversal of fortune for a woman who became one of the world's most prominent prisoners of conscience.

When she was finally released in late 2010, just after a vote her party boycotted that was deemed neither free nor fair, few could have imagined she would make the leap from democracy ad-

**Junta evolves**

## Rapid reforms

Myanmar has changed dramatically over the past two years. The ruling junta finally ceded power last year, and although many of its leaders merely swapped their military uniforms for civilian suits, they went on to stun even their staunchest critics by releasing political prisoners, signing ceasefires with rebels, relaxing press censorship and opening a direct dialogue with Suu Kyi — whom they tried to silence for decades.

THE ASSOCIATED PRESS

vocate to elected official in less than 17 months, opening the way for a potential presidential run in 2015.

The results must be confirmed by the government's electoral commission, however, which may not make an official declaration for days.

U.S. Secretary of State Hillary Rodham Clinton congratulated Myanmar for holding the poll.

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## Market survival. A leaner, specialized future for RIM

Smaller, more efficient, sharply focused: that's likely the RIM of the future. Having grappled with the giants of the smartphone industry and received a battering in financial and marketing terms, Research In Motion will likely emerge a specialized company that

doesn't compete head-on in the consumer smartphone market with Apple or Android devices, analysts said Friday. After Thursday's dismal quarterly results, the BlackBerry maker announced plans to rebuild, while considering options, including selling. THE CANADIAN PRESS



Aung San Suu Kyi's supporters in Yangon, Myanmar erupt in euphoric cheers Sunday after learning she had won a parliamentary seat in a landmark election. ALTAF QADRI/THE ASSOCIATED PRESS

## High time to tax rich fairly: Obama

**Tax rates**

**"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."**

U.S. President Barack Obama, on ending tax cuts for the wealthy

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a prominent symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

"We don't envy success in this country. We aspire to it," Obama said in his Saturday address. "But we also believe that anyone who does well for themselves should do their fair share in return, so that more people have the opportunity to get ahead — not just a few."

Obama calls the plan the "Buffett Rule" for Warren Buffett, the billionaire investor

## Industry threat. Citrus disease spreads to California

A citrus disease that has killed millions of citrus trees and cost growers billions of dollars across Florida and Brazil has been detected in California, despite the industry's best efforts to keep it at bay.

After a week of testing, the U.S. Department of Agriculture confirmed Friday that citrus greening was detected in a lemon-grapefruit hybrid tree in a residential neighbourhood of Los Angeles County. Sales and shipments of citrus trees within an eight-kilometre radius of the tree were due to be suspended Saturday. The disease stands to threaten not only California's nearly \$2-billion citrus industry, but treasured backyard trees throughout the state.

The bacterial disease is carried by the Asian citrus psyllid and attacks a tree's vascular system, producing bitter fruit and eventually killing the tree. Sapsucking psyllids that feed on an infected tree become carriers of the disease. It is not a threat to humans.

State officials were work-



In this Jan. 24 file photo, citrus entomologist Mamoudou Setamou, holds an orange that's showing signs of citrus-greening disease in a grove in San Juan, Texas. NATHAN LAMBERT/THE MONITOR/THE ASSOCIATED PRESS

ing on a larger quarantine that would extend into northern Orange County. The closest commercial grove is 22.5 kilometres away from the infected tree.

The University of Florida estimates it has cost Florida 6,600 jobs, \$1.3 billion in lost revenue and \$3.6 billion in lost economic activity since it appeared in 2005. THE ASSOCIATED PRESS

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# BRAZEAU GETS A HAIRCUT, CANCER TAKES A BEATING



Before he got in the ring with Conservative Senator Patrick Brazeau for Saturday night's charity boxing match, I hadn't spoken to many people who gave Liberal MP Justin Trudeau much of a chance.

Brazeau, the beefy black belt, was favoured three-to-one on gambling sites. Most pre-fight conversations seemed to turn on just how badly, protective headgear aside, Trudeau was going to get hurt.

This speculation was usually expressed, depending on temperament and political alignment, with undertones of either concern or glee. In the spirit of strict non-partisanship, I was gleefully concerned.

After a two-budget week in which politicos bludgeoned each other and us with talking points, it was nice to see a couple of them insert some yap-stopping mouthguards for a couple of minutes and get it on.

It was great showbiz, from Brazeau's taunts before the match to his entrance on fight night to the chugging nu-metal of Disturbed's tune *Down With The Sickness*. In contrast to that testosterone overdose, Trudeau made his appearance to K'naan's *Wavin' Flag*, which seemed almost comical in its Ned Flanders-esque positivity.

Early on, the fight played out much as expected, with an aggressive Brazeau intent on bringing the pain he had promised Trudeau in so many WWE-style rants leading up to the fight. But by the time the fight was stopped in the third round, reach and endurance had come into play, and Brazeau had been intensively schooled.

"I thought I had him there for the first 30 seconds," Brazeau said, sporting the beginnings of a shiner under his right eye. "I saw his eyes roll back and I tried to give him a heck of a right cross and I missed and I went into the ropes, which gave him the opportunity to go back. I tried to put a little too much power in my punch, and I lost a little bit of wind there. I think that's why I lost the fight."

Today, Brazeau, per the terms of a side bet, will undergo a haircut and don a hockey jersey in Liberal colours.

"Hair grows back, but ... a picture of myself in a Liberal jersey — yeah, that's gonna sting more than losing this boxing match tonight," he groaned. He's already talking a rematch for next year.

Trudeau, being a politician, could not resist finding a larger narrative in the battle (admittedly, reporters, being reporters, were egging him on to do just that).

"I proved that a Liberal can take a punch. I proved that we're not people who can be counted out even though we seem nicer, and a little more touchy-feely," he said. "We don't trash talk as much and we don't go negative, but we can hit really hard and we can take anything they give at us, because the heart pushes further than anything else."

Now, my boxing knowledge is limited, but I find it difficult to imagine winning an actual fight without going a wee bit negative on one's opponent, and Trudeau seemed to me to do a lot more work on Brazeau with his hands than his heart, but this is all beside the point. The mantra of the night was that everybody won.

Organizers said the night's take exceeded \$230,000 for the Ottawa Regional Cancer Foundation. And we're just getting started as the Canadian Cancer Society breaks out the daffodils for a month-long assault on the disease.



Conservative Senator Patrick Brazeau and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research. FRED CHARTRAND/THE CANADIAN PRESS

# Global awareness looks bright



MARKUS SCHREIBER/THE ASSOCIATED PRESS

## Earth Hour

### 150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights for 60 minutes in a bid to highlight global climate change.

THE ASSOCIATED PRESS

## Quoted

**"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."**

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

## Asong for action

- The new Earth Hour Anthem, *When the Lights Go Down*, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

## 511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.

## National effort

# Brothers Dubé take their music — and their message — to Haiti to film a documentary

## News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Forget the Doobie Brothers — Canada's capital has the Brothers Dubé.

Like a lot of young people, they wanted to be rock stars.

But in the course of forming their own band, the tween brothers also became activists. The musical stylings of Liam, 14, Jan, 13, and Quinn, 11, caught the ear of Arcade Fire and Sean Paul. Now, the Brothers Dubé rock out at regular gigs, once in a stadium of 20,000 — always past curfew. Best of all, they're using their celebrity status for a good cause. They've raised more than \$140,000 for chil-

dren left orphaned after Haiti's 2010 earthquake. On April 3, the brothers will visit Haiti to film a documentary. Liam says they wanted to raise money and awareness "to show people where the money goes and to get this message out to schools." For his part, Quinn is most nervous about the Haitian mosquitoes: "They carry some pretty serious bites." As the band's website cheekily observes, the Brothers Dubé are

quite accomplished for a group with a combined age under 40. "The younger you are, the more adults take notice," Jan muses.

CRAIG AND MARC KIELBURGER

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# Feist still a Juno darling as she's named artist of the year

## SCENE

### Box office

#### Fans still eating up *Hunger Games*

The Hunger Games is still the first item on the menu for movie fans. The blockbuster took in \$61.1 million to remain the No. 1 film in its second weekend. Studio estimates Sunday put The Hunger Games well ahead of Sam Worthington's action sequel *Wrath of the Titans*, which opened in second place with \$34.2 million. That's far below the \$61.2 million opening of its predecessor, *Clash of the Titans*, two years ago. Julia Roberts' comic *Snow White* reinvention *Mirror Mirror* debuted at No. 3 with \$19 million. Roberts plays the wicked queen opposite Lily Collins as Snow White. Starring Jennifer Lawrence as a teen force to compete in a televised death match, The Hunger Games lifted its domestic total to \$251 million after just 10 days.

THE ASSOCIATED PRESS

**Awards.** Feist, the Sheepdogs have a winning weekend in Ottawa with three trophies each at the 2012 Juno Awards



JOE  
LOFARO  
Metro in Ottawa

Feist and Saskatchewan band The Sheepdogs came out on top at the 2012 Juno Awards by snatching three Junos each over the weekend.

After winning two each at a gala and awards dinner Saturday, they both won their third at the televised show held at Scotiabank Place in Ottawa on Sunday.

On Sunday, The Sheepdogs won single of the year for their hit *I Don't Know*. The Nova Scotia-born singer-songwriter Feist won artist of the year, sweeping aside City and Colour, deadmau5, Drake and Michael Bublé.

Before the show started, some of the nominees graced the red carpet outside the arena in chilly temperatures. Feist, Lights, MonkeyJunk, Dan Ma-



Dallas Green accepts his award for songwriter of the year on Sunday at the Junos. FRED CHARTRAND/THE CANADIAN PRESS

nagan, Nickelback and Hedley greeted shrieking fans. Teen heartthrob Justin Bieber, who was a no-show, disappointed many of the fans who queued outside the arena hours before the broadcast started. Toronto rapper Drake also did not attend.

Host William Shatner opened up the show with a tongue-in-cheek monologue

poking fun at artists' names. "It's good to be back in Ottawa the home of the Ottawa Senators and the home of the Stanley Cup contenders. Of course I'm from Montreal, so, I mean, who cares?" said Shatner.

The first award of the night went to Dallas Green of City and Colour for songwriter of the year. Nine performances kept thousands of screaming

fans jumping out of their seats in the transformed arena. Nickelback was first to light up the stage with a hard, pyrotechnical performance. The band came in with three nominations but went home empty handed.

Also up for a trio of awards was electronic music producer deadmau5. Like Nickelback, he left the weekend empty-handed.

### Winners

Here is a partial list of some of the best acts in Canada — the 2012 Juno Award winners.

- Juno fan choice. Justin Bieber
- Single of the year. I don't know — The Sheepdogs
- Album of the year. Christmas — Michael Bublé
- Artist of the year. Feist
- New artist of the year. Dan Mangan
- Songwriter of the year. Dallas Green
- Dance recording of the year. Hello — Martin Solveig & Dragonette
- Group of the year. Arkells
- New group of the year. The Sheepdogs
- Country album of the year. Roots and Wings — Terri Clark
- Pop album of the year. Storms — Hedley
- Rock album of the year. Learn & Burn — The Sheepdogs
- Alternative album of the year. Oh Fortune — Dan Mangan
- Rap recording of the year. Take Care — Drake
- Adult alternative album of the year. Metals — Feist
- Blues album of the year. To Behold — MonkeyJunk
- International album of the year. 21 — Adele

## Canadian stars shine at gala dinner



Electronic musician Lights was the first artist to perform at Saturday's non-televisioned Juno gala and awards dinner. SEAN KILPATRICK/THE CANADIAN PRESS

JOE  
LOFARO  
scene@metronews.ca

The Ottawa Convention Centre was transformed into a star-studded hub of Canada's greatest musical talent Saturday night as artists were handed the first batch of the 2012 Juno Awards.

The invite-only, non-televised Juno gala and awards dinner preceded Sunday's Juno Awards broadcast. Electronic musician LIGHTS was first to perform at the event, playing *Where The Fence Is Low*, from her new album *Siberia*.

Jian Ghomeshi, host of the

Q on CBC, hosted the gala and slipped in a few jokes on stage. He didn't shy away from dropping the F-bomb twice, either.

Thirty-four awards were presented in rapid-fire succession with performances spread throughout the night by Oliver Jones, Lindi Ortega, Dan Mangan and MonkeyJunk.

Some winners from Saturday were: The Sheepdogs for new group of the year; Arkells for group of the year; Hedley's Storms for pop album of the year; and KENmode's *Venerable* for metal/hard music album of the year. Drake won rap recording of the year for *Take Care*.

### Quoted

"It's going to be a crazy night ... not Vancouver crazy. Let's keep the cars right-side up here."

Juno Awards host William Shatner, greeting the audience gathered at Scotiabank Place in Ottawa on Sunday for the show.



### Big winners

#### Sheepdogs rock the Junos with wins

Shaggy-haired Saskatoon southern-rock throwbacks The Sheepdogs were double winners at an upset-laden Juno Awards gala on Saturday where the bulk of the prizes were handed out. At a dinner ceremony in Ottawa where 34 of 41 trophies

were distributed ahead of Sunday's TV broadcast, The Sheepdogs claimed trophies for new group of the year and rock album of the year. On Sunday at the televised Juno awards, they also took single of the year. The group was on tour in Australia with John Fogerty, but tweeted their delight about the pair of Saturday awards: "Very excited. Is 8 a.m. in Perth too early to start celebratory drinking?"

THE CANADIAN PRESS



Saskatoon's Sheepdogs took home new group of the year and rock album of the year at the Junos.  
HANDOUT

### On the web



For more coverage of the Juno Awards and our exclusive interview with The Sheepdogs, visit metronews.ca/scene

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### Morning shows heat up this week



#### THE WORD

Dorothy Robinson  
scene@metronews.ca

The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's

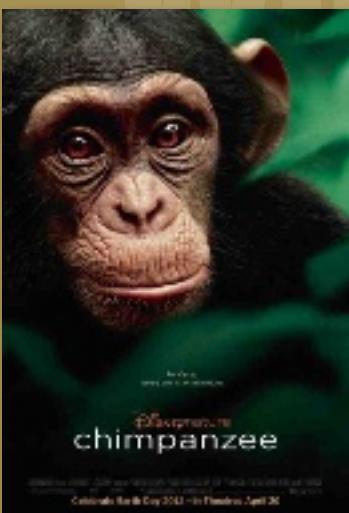
guest host will be none other than Sarah Palin (yes, that Sarah Palin. We thought it was an April Fools' joke, too).

To make things even more interesting, Oprah is stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.

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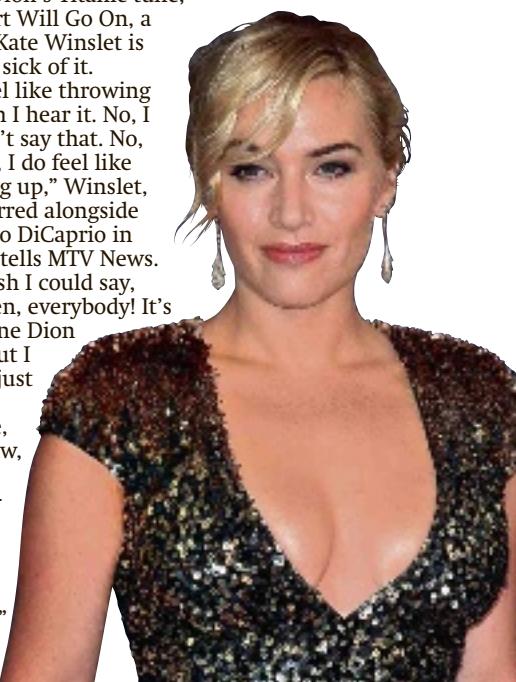


## Winslet wants to barf

While many still consider Celine Dion's *Titanic* tune, *My Heart Will Go On*, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in *Titanic*, tells MTV News.

"I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."



### Gaga's tame birthday night

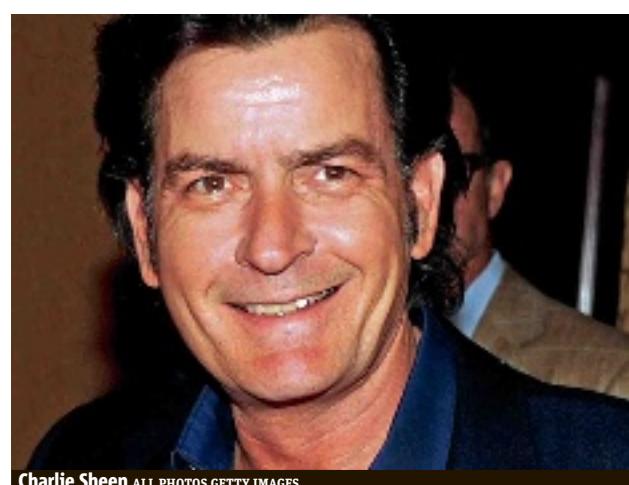
Lady Gaga had a not-so-wild celebration for her 26th birthday, treating her friends to some time at the gym before grabbing dinner with her parents, according to Us Weekly.

"Her friends filled the studio, and they had a blast," a source says of Gaga's visit to SoulCycle, an L.A. spin class studio.

"She requested (Bruce Springsteen's) *Thunder Road* because it's one of her favourite songs. And as for the location of the celebratory dinner: home. "It was just a small



thing with her family," says the source.  
"Her mother cooked."



Charlie Sheen ALL PHOTOS GETTY IMAGES

## Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the

Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's *Anger Management*.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

"I couldn't have that end on that note."

## Lohan celebrates freedom via partying

Despite advice from a judge that she should probably stop partying, Lindsay Lohan celebrated the end of her formal probation by throwing a little get-together at the Chateau Marmont, according to Radar Online.

"Lindsay's guests ate paella and watched Elizabeth Taylor's *Who's Afraid Of Virginia Woolf?* Lindsay

was in an extremely good mood and grateful to be off of formal probation," a source says. "The party went until around 2 a.m. Alcohol was being served in moderation, but Lindsay wasn't seen drinking. It's just rather strange that Lindsay chose to have the party at the hotel, especially after what the judge said to her in court."

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## LIFE

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Don't forget to request a receipt for tax purposes.

SARAH DEVEAU,  
YUMMYMUMMYCLUB.CA

## Support

## Autism Awareness

Today is the fifth annual World Autism Awareness Day. People and organizations worldwide are raising awareness about autism by participating in 'light it up blue.' Show your support and put on something blue.

For more, visit [autism-speaks.org](http://autism-speaks.org).

DELIA MACPHERSON, METRO

## On the Web



P.E.I. school kids play Fathers of Confederation, win national contest.

## Chores

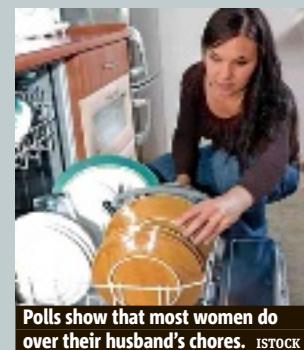
## Women re-do husband's chores

Hands up if you reload the dishwasher after your husband has done it. Well, you're not alone.

According to the Telegraph, most women deem it necessary to "do over" the chores their domestically-challenged spouses proudly

tackle around the house. Nearly half of the women polled say they re-wipe countertops and a third of them remake beds. If you ask us if women want equality, they shouldn't be re-doing tasks that have been assigned to their husbands in the name of domestic bliss, even if they can't figure out how to properly hang the hand towels.

JULIE GREEN (A.K.A. MUMMY BUZZ),  
YUMMYMUMMYCLUB.CA



Polls show that most women do over their husband's chores. ISTOCK

## App

## Housework is fun with this app

What if you could turn household chores into a game? The HighScore House app turns mundane into fun by assigning points to chores.

Parents simply enter their children's daily chores and assign point values to

each one. Kids can mark off all of their completed tasks and count up their points.

Once kids have enough points, they can redeem them for rewards — picking what they want for dinner (10 points) or staying up an extra 15 minutes (20 points). The rewards are defined by you.

The interface is fresh and funky, and definitely has a fun factor to it.

KRISTA SWANSON,  
YUMMYMUMMYCLUB.CA

# Got baby-name remorse? You're not the only one

**Names.** Here are some ways of dealing with people's reactions to your child's name

CANDACE  
ALPER  
yummymummyclub.ca

When choosing the perfect name, the resources are endless. Baby-name books and online baby-naming tools are plentiful (a search for baby name books at indigo.com yielded 478 choices, and at 995 amazon.com).

Then there is the desire to be different. Babies are also being given names that might have come from browsing a dictionary or map.

With choice can also come challenges. Some things we hear parents say are:

"I love the name I chose and so did the parents of the five other Sophies or Sophias in my daughter's class."

"My son's name is always mispronounced. So frustrating. I like the way it sounds when we say it."

"In an effort to give our son a traditional name with a twist, we changed the

## Pronunciation

It makes you cringe and scream inside when that lovely name is mispronounced. Learn how you and your child can deal with it.

- Repeat it.** Use your child's name often so that the people around you hear it and catch on. "Maygan was up all night again," "Maygan will need a good nap today," etc.
- Shorten it.** Be OK with a short form of the name that you know won't be mispronounced. For example, Alex can be a nickname for Alexandria or Alexandra.
- Ignore it.** You saw it coming. You're ready for it. Help your child learn that his or her name might be said in different ways.

spelling and added a (silent) H. I'm tired of spelling it for people and I think he will be too. This is the one time in my life that I'm wishing I had listened to my mother."

Got regret? Here are some



Giving your child a unique name can pose problems. ISTOCK

things that you can do:

Use your child's middle name or initials.

Choose a nickname that fits. Miley Cyrus was born "Destiny Hope" and was al-

ways called "Smiley" because she smiled so much. She shortened it to Miley. Voila.

How about a variation on the name? Alexandra could be Allie or Lexie; Jacob could

be Coby or Jay.

Go with it! Remember why you chose it in the first place. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

# Easter alternatives to those chocolate eggs



Polished Stones

Looking for a great alternative to candy and sweets for your children's Easter baskets? As a mom and member of Neighbourhood Toy Stores of Canada, I have some great ideas for kids of all ages.

## Polished Semi Precious Stones (\$2 each)

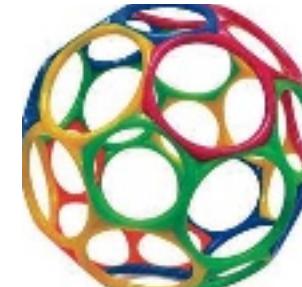
Instead of chocolate eggs, how about some polished stones? They are lovely to look at and would fit nicely into an egg for a hunt. Bonus: There are no messy foil wrappers left all over the house.



Worry People

## Worry People (\$2)

Worry People are six little hand-made dolls from Guatemala who, according to legend, will take your children's worries away while they sleep. At bedtime, you



O Balls

tell one secret worry to each doll and then put them under your pillow.

## O Balls (\$9)

O Balls are perfect for babies, toddlers and those

of us who have a hard time catching a ball. The unique design allows infants to hold onto them and toddlers to practice catching. Warning: It's highly addictive!



PlasmaCar

## PlasmaCar (\$70)

These self-propelled cars are great fun for kids (and adults too!) Bonus: They are a great way to work off those Easter chocolate calories. ANGELA FIELD, YUMMYMUMMYCLUB.CA

# Take a trip to Hogwarts

Love the books? Visit where author J.K. Rowling's little book was turned into a big blockbuster.  
They opened to visitors last weekend.  
METRO WORLD NEWS



Potter fans can now visit the Great Hall. SUPPLIED



## The animal crew

Ever wondered what happened to all those cute owls, cats and dogs? Most of them were rescues and have either remained at the nearby Training Centre or been sent to good homes. During filming, it took up to 12 weeks to train the cats and dogs. It took three months to teach an owl the same thing you could teach a raven in one day.



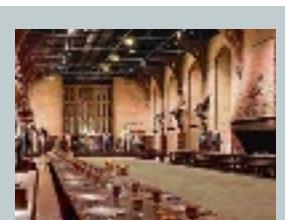
## Aragog Acromantula

Do those creepy spiders from the Magic Forest crawl into your dreams at night? Well you can sleep tight; they were merely digital animations. As for Aragog, Hagrid's blind hairy spider with the 18-foot leg span, he was nothing but a massive prop fitted by hand with yak hair, sisal and old hemp.



## Grounded brooms

Remember all that sky-high magical steering? Back down on Earth, that was nothing but a broom stuck to the end of a metal pole, bobbing up and down against a glowing green screen. The studio allows you to ride a broom, wind blowing in your face and all.



## The Great Hall

Bummer. The majestic hall has no floating candles, like in the film. In fact, the floor is the room's only genuine prop, and was made from York Flagstone in order to resist 10 years worth of wear and tear. The ceiling was digitally animated with a changing sky for the films. The hall was also where the birthday parties were held for the cast and crew.



## Dumbledore's office

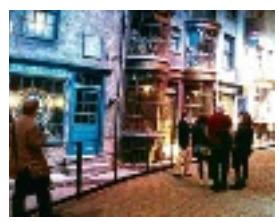
Judging by all those heavy paperbacks covering the walls of his office, Dumbledore was a bookworm. False: the prop team used old phone directories and fitted them with fancy covers. There's also a dusty telescope. It was the most expensive prop ever made, and got zero screen time.

### Geeky facts

- **\$4.** The cost of a butterbeer (a sickly sweet drink — we tried it).
- **The Goblet of Fire.** Was made from the trunk of a single English elm.
- **Hagrid's motorbike.** Was a 1960 Royal Enfield model modified with a larger seat.
- **17,000 wands.** The number of wands in the wand shop.
- **The tour guide.** Referred to Robert Pattinson as Robert Paterson. No No No.

## Hagrid's height

In order to enhance Hagrid's giant stature, the film crew would make him sit in a tall chair nearest to the camera. All others in the scene would sit in shorter chairs, furthest from the screen in order to appear smaller in size.



## Harry's house

In the first film, producers hired a street in the nearby village of Bracknell to shoot the scenes set in Harry's house. By the second film, local residents had become greedy and started asking for more money in return for filming rights to their road. To slash costs, the crew built a fake road and house outside the studio. Problem solved.



## Potions classroom

Some of the ingredients on the classroom shelves aren't as gross as you'd expect: plastic animals from Regent's Park Zoo gift shop and animal bones from a local butcher shop.

## Bracing for Hunger Games tourism

Fans of The Hunger Games are already turning up in North Carolina, seeking out places where the movie was shot, from old-growth forests to an abandoned mill town.

And the tourism industry is prepared to cash in on them, with everything from hotel packages and zip line tours, to re-enactments of scenes from the film and lessons in survival skills.

The movie, which opened last weekend, is based on a bestselling book about a post-apocalyptic world where teenagers compete to the death in fighting games.

It was filmed entirely in North Carolina, from the mountains, where fake trees were planted, filled with propane and blown up, to Charlotte, which served as the Capitol from the story — the seat of power where the teens are sent for training.

Also prominently featured in the movie is the Henry River Mill Village near Hildebran, about 115 kilometres from Asheville, which was the set



ting for District 12, home of the three main characters, Katniss, Peeta and Gale.

Although the mill burned down in 1977, the 20-plus remaining buildings, including the company store, make it look like a ghost town.

The village is private property, and the local sheriff's department is working with private security guards to keep people away, concerned about liability if someone gets hurt.

But fans are already coming. "I'm getting too many visitors," said the property owner, Wade Shepherd, 83, who hasn't read The Hunger Games.

THE ASSOCIATED PRESS

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# There ain't no mountain high enough to keep them from gliding toward glory

### Passion at its peak.

Two high-performance athletes provide hospitality in the hills



**THE IN-CREDIBILITY FACTOR**  
Teresa Kruze  
life@metronews.ca

Olympic medalist Sara Renner and World Cup champion Thomas Grandi may have retired from competitive skiing, but they didn't park their skis too far from the front door.

Sliding into the business world, they bought Paintbox Lodge in Canmore, Alta., and are now raising their young family amidst the glorious Rocky Mountains.

Moving from high performance athletics to business isn't that much of a stretch.

Most athletes do four-year business plans when getting ready for an Olympics and run their careers like a business. But Grandi admits there was one thing he had to learn.

"Patience. When you go out of the start gate any



World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

thing is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

"I'm hoping people will stay with us and take a walk

### Lesson learned

**"Patience. When you go out of the start gate anything is possible and you could go from last to first."**

Thomas Grandi on what he has learned as a business owner.

along the river path." Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

### Success

#### How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.

- Have perspective in your working life and prioritize the things that mean a lot to you.

- Your business will have more chance of success if you are happy.

- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.
- The first person you have to convince that you can be a champion is yourself.

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# Homework not helpful?

## Learning lethargy.

Research finds being bogged down by the books not beneficial

CASSANDRA GARRISON

Metro World News in New York

All that time you spent doing tedious homework assignments back in your school days was all for naught.

Turns out, if a recent study is to be believed, it probably didn't help you get any smarter.

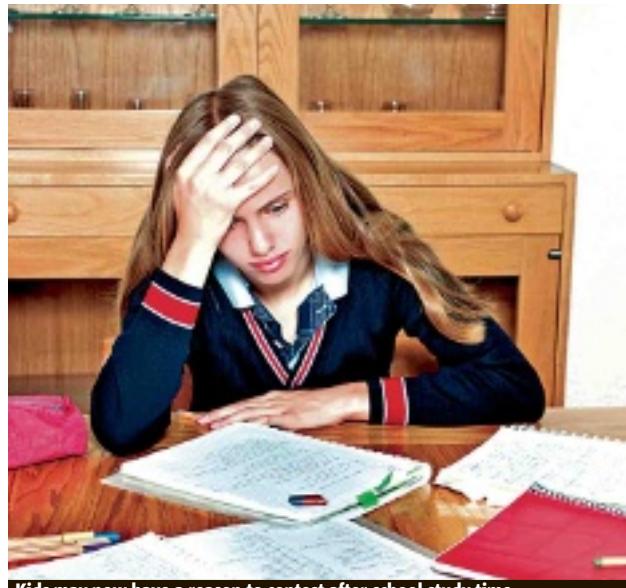
It might have even set you back.

Researchers at Sydney University in Australia found that too much homework can often have the

### High school switch

#### Get back to work

- An exception to the study was high school students in grades 11 or 12, who proved to benefit from more than a few hours of homework each week.



Kids may now have a reason to contest after-school study time. iSTOCK

opposite effect on students than intended.

Instead of enhancing their intellect, they become bored and unhappy, leading to little academic advancement.

"What the research shows is that, in countries where they spend more time on homework, the achievement results are lower," Dr. Richard Walker, from Sydney University's Education

Faculty, told The Telegraph.

The study found that 59 per cent of 10- and 11-year-olds do less than two hours of homework per week. About 22 per cent do three or four hours a week, and five per cent complete seven or more hours of homework per week.

"At the moment homework (is often) an add-on because parents want it," Walker added.

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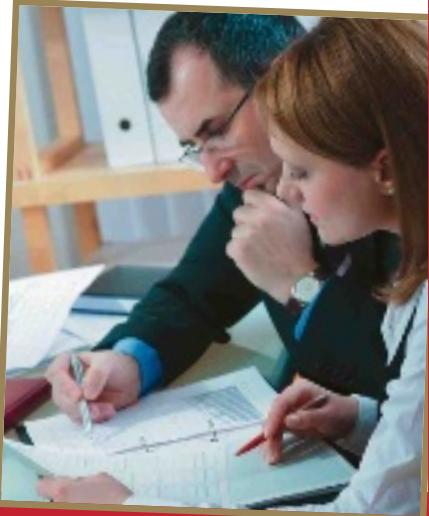
## CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

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- Law and Paralegal Firms
- Courts (Federal and Provincial)
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# HEALTHY CAT

## SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

### VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

### FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens

and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

### PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

### KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

### BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

### LOVE YOUR CAT

There's nothing like a little R&R with your cat purring in your lap!

## SERVING UP A HEALTHY & DELICIOUS DIET



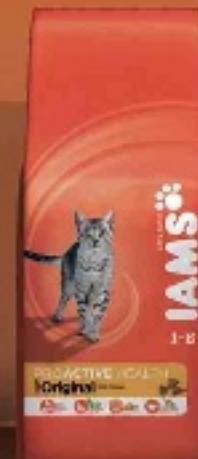
Ask your veterinarian about the IAMS range of premium canned and dry food for all the different stages of a cat's life – from the time they are kittens, through their adult and senior years, and for special dietary needs too. IAMS foods provide natural ingredients:

- Chicken, lamb and fish protein to promote healthy muscles.
- Vitamins, minerals and other nutrients for healthy heart and eyes.
- Natural source of fibre from beet pulp for healthy digestion.

## Keep cats playing strong with new Iams® Senior Plus.



Kitten  
0 - 1



Adult  
1 - 6



Mature Adult  
7 - 10



Senior Plus  
11+

Iams Senior Plus for cats 11 and older. With 2x the antioxidants,\* it helps restore the immune response to that of an adult cat. And it helps fight signs of aging.

\*vs Iams Original or Iams Adult.

# TIPS TO PREVENT YOUR PET'S MESS

## DO YOU LOVE YOUR PET, BUT HATE THE MESS?

For dog owners especially, cleaning up after their furry friends is a daily battle.

Dogs are more than happy to track mud and grass from the backyard to your floor or leave fur and dander to collect on your

carpet and furniture. What's a loving pet owner to do? Dogs will be dogs, but there are ways to prevent some messes and clean up others more easily. Take a look at a few helpful tips for you and your pet:

- Place rubber or plastic mats in areas that messes are likely to occur, such as under food and water dishes.
- Keep a "pet cleaning kit" with paper towels, hand-held vacuum, old bath towels and cleaning solutions in a bucket where you can get to them quickly. The

faster you get on a pet mess, the easier it is to clean, and the less likely it will be to leave a permanent stain.

- Pet hair and dander can trigger allergies for some people and are difficult to remove from carpet. A regular grooming schedule can help eliminate shedding hairs before they end up in the home. It also keeps pets clean, happy and comfortable.
- Installing a faucet in a mudroom or garage allows homeowners to clean

off their pets before bringing them into the house. Take a look at a few ideas at [deltafaucet.ca](http://deltafaucet.ca). Try using a pull-down kitchen faucet with a laundry tub to make bathing smaller pets — as well as the clean-up afterwards — a breeze.

- While training pets to keep off of furniture may be difficult, consistency is key. If pets are part of the family, they also have to learn to live comfortably with everyone else.

— *News Canada*

## FIVE TIPS FOR A TRULY PET-FRIENDLY HOTEL STAY



Let's face it, the last thing you want to do when heading out on the road is leave the furry family members behind. With 150 locations in Canada, Comfort Inn hotels say they are no strangers to guests travelling with pets and offer the following tips to make your next stay at a pet-friendly hotel, truly pet-friendly:

**1. CALL AHEAD** to double check pet-policies and ask if a kennel is required to avoid any unpleasant surprises upon arrival.

**2. PACK YOUR PET'S BED** along with their favourite blanket or toy to help them feel at home in the unfamiliar space.

### 3. ASK ABOUT A PET NOTIFICATION

**DOOR HANGER** at the front desk, or bring your own to be sure hotel staff and other guests are aware a four-legged guest is staying in your room.

### 4. KNOW YOUR PET'S WEIGHT

Some hotels have weight restrictions and you may be asked to provide this information at check-in.

### 5. IF YOU HAVE TO LEAVE YOUR PET ALONE

in your room, turn on the radio or TV before leaving; the background noise and voices will be soothing.

If your pet suffers from separation anxiety, don't leave them alone. Noise complaints and damage fees could ruin an otherwise perfect vacation.

— *News Canada*





# HEALTHY DOG

**YOU LOVE YOUR  
DOG AND ONLY  
WANT THE  
BEST FOR HIM**

Here's how to keep him happy and healthy.

## VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

## ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the

high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

## KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

## TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

## KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

## LOVE

Dogs are like people really – they need food, water and love.

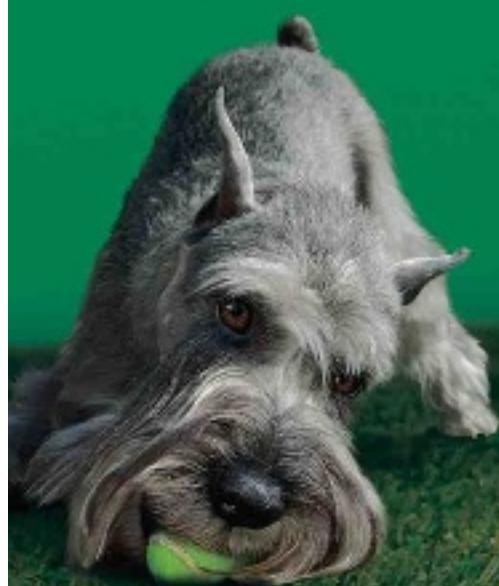
## SERVING UP A HEALTHY & DELICIOUS DIET



IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

- High-quality protein from chicken or lamb for strong muscles
- Tailored Fiber blend including prebiotics and beet pulp for healthy digestion.
- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

## Keep dogs playing strong with new Iams® Senior Plus.

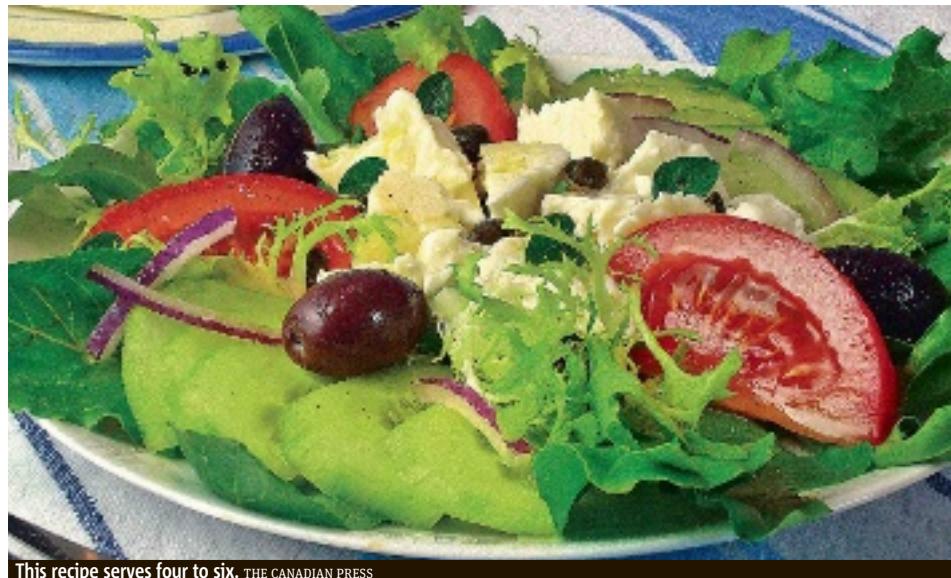


Iams Senior Plus for dogs 11 and older. With 2x the antioxidants,\* it helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.

\*vs Iams Original or Iams Adult.

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# Let the greens season begin with a tangy Greek Salad



This recipe serves four to six. THE CANADIAN PRESS

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported

Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.
2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives.

Sprinkle with olive oil, oregano and salt and pepper to taste.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve

## Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

## Healthy eating

### Choose it and lose it



ROSE REISMAN  
for more, visit  
rosereisman.com

Many Chinese restaurants are known for their plentiful dishes that won't break the bank. But be careful what you reach for.

### Pork Chop Suey with Noodles

1,341 calories, 81 g fat

In many Chinese restaurants, the quality of pork used in this dish is of a lesser quality, usually with excess fat.



### Equivalent

One serving of Pork Chop Suey with Noodles is your total daily calories and fat. It is equal in calories to 10 loaded chicken wraps from Popeyes.

### Chicken Chop Suey with Noodles

819 calories, 40 gm fat

Chances are boneless, skinless chicken breast is used in this dish, resulting in close to half the calories and fat.



# The green way to get your run on

**A simple change can speak volumes.** More and more companies are creating eco-friendly running shoes

BEN KNIGHT  
life@metronews.ca

Athletic shoes take a terrible pounding, from heat, cold, rain, snow — millions of hard, sharp impacts from the simple human acts of walking and running.

They need to be light, strong and incredibly durable. Is there any room for them to be eco-friendly, as well? Yes, says Jenine LaFayette, marketing manager for Brooks Canada. She's talking about a cutting-edge sneaker called Green Silence, which the company introduced in 2009.

"This shoe has a lot fewer parts. There's less material, so it can biodegrade faster," she explains.

"The rubbers that are used are recycled. We also use bio-green adhesives and dyes. Our laces and reinforced webbing are all post-consumer recycled. We've looked at all the pieces of the shoe puzzle, and how we can make a dif-



If you burn through shoes like you're burning rubber, you might consider getting an eco-friendly pair. HANDOUT

ference in pulling the construction together."

The key breakthrough is a material called BioMoGo. It's a funny name, but there's a

serious purpose.

"BioMoGo midsoles biodegrade 50 times faster than the traditional midsole," LaFayette says.

"It's a shoe that's built to last. It has to be exposed to the right materials and conditions for it to biodegrade."

LaFayette laughs at the

suggestion that some runners' lockers might actually simulate conditions within a landfill.

"BioMoGo material has

got a compound that makes it delicious to the bugs within the landfill environment. So unless you've got those types of enzymes at the bottom of your locker — which hopefully you don't — it won't react the same way."

Brooks is far from being the only major shoe manufacturer doing this.

The Adidas line of Samba shoes features significant green components. Nike has even rebuilt and repositioned its popular Air Jordans to be environmentally friendly.

And the stakes are huge. Statistics Canada reports Canadians spent a staggering \$1.6 billion on athletic footwear in 2010.

"Consumer response has been great," she notes.

"A lot of consumers are really looking for that green solution when it comes to footwear. As far as consumer performance, we just had someone win the 5K Around the Bay race in Hamilton, Ont., wearing Green Silence."

4  
SPORTS

## Quoted

"Of course if I keep skating well and keep getting the same results that I had this season, I'm going to go into the Olympics with the same expectations, like I should live up to (the expectation of) winning the Olympics.... Now I have a little taste of it and know how to deal with it."

Canada's Patrick Chan after winning gold on Saturday at the world figure skating championships in Nice, France. The fact the 21-year-old triumphed over competition he called the most difficult of his career is both a major victory and a huge lesson learned, he said, less than two years out from the 2014 Sochi Olympics.



Milan Michalek brings the puck around the front of the net to score a goal past New York Islanders goalie Al Montoya Sunday in Uniondale, N.Y. SETH WENIG/THE ASSOCIATED PRESS

# Sens punch their ticket to playoffs

**NHL.** Senators earn post-season berth with 5-1 win over Islanders

No captain Daniel Alfredsson. No scoring leader Jason Spezza. No problem against the New York Islanders.

Kyle Turris scored twice and had a pair of assists, Milan Michalek added his team-leading 35th goal and the Ottawa Senators clinched a post-season berth with a 5-1 victory over the Islanders on Sunday.

The Senators won their fourth straight game to move four points behind idle New Jersey for sixth

place in the Eastern Conference. Alfredsson was absent because of the flu and Spezza — pacing Ottawa with 82 points — was with his wife for the birth of their second daughter. The absences didn't faze their teammates.

"We knew we were missing two key guys but we played a very solid and focused team game," said Senators coach Paul MacLean, who reached the post-season in his first season as an NHL head coach. "The leadership on our team did a tremendous job all season to pull us up by our bootstraps and create a winning foundation."

The Islanders lost their second straight at home

after two rousing wins over Pittsburgh to reach the .500 mark. New York was eliminated from playoff contention for a fifth straight season Saturday with a 6-3 home loss to Boston.

"There was no urgency in our game tonight," Islanders coach Jack Capuano said.

"What a great feeling this is, to know we are in the playoffs," said the 22-year-old Turris, the third overall pick by the Coyotes in 2007. "It was fun skating on a line with Milan tonight and doing so well. Definitely, this is a satisfying night for me."

Ottawa dropped a 2-1 overtime decision at home to the Islanders on Feb. 3, but has outscored them 16-3

## This is the year

- The Senators, with 92 points, are four ahead of eighth-place Washington. Both teams have three games left before the NHL's regular season ends Saturday.
- The Senators missed the playoffs last season and haven't advanced past the first round since they reached the 2007 Stanley Cup finals, losing to Anaheim in five games.

in three meetings since — all victories.

THE ASSOCIATED PRESS

## Golf

**Hunter captures Houston Open**



Hunter Mahan on Sunday

MATT SULLIVAN/GETTY IMAGES

Hunter Mahan shot a 1-under 71 on Sunday to win the Houston Open, edging Carl Pettersson by one stroke.

Mahan, who won the Match Play Championship in February, is the first two-time champion on the PGA Tour this year. The victory moved Mahan up to No. 4 in the world rankings, the first time he's ever been the highest-ranked American.

"That's a pretty surreal thing to think about," Mahan said. "It shows me what I can do, shows me what I'm capable of."

THE ASSOCIATED PRESS

## NASCAR

**Newman gets win in wild finish**

Ryan Newman needed help and was running out of time. Finally, Clint Bowyer provided an opening with two laps to go at Martinsville Speedway in Virginia.

Bowyer's aggressive move took out race leaders Jeff Gordon and Jimmie Johnson entering the first turn, allowing Newman to slide into the lead, and he held off AJ Allmendinger and Dale Earnhardt Jr. on another restart for his first win in 23 races.

THE ASSOCIATED PRESS

## On the web



The Canadian women's hockey team is looking to reclaim gold-medal glory in Vermont this week at the world hockey championship after a heartbreaking overtime loss to the U.S. in last year's final in Zurich. The roster, named Sunday, includes 13 players from the 2010 Olympic team that defeated the Americans 2-0 for gold in Vancouver. Scan the code for the story.

## Curling. Glenn Howard off to perfect start at world men's championship

Canada's Glenn Howard scored early and often in a 9-2 blowout win over Germany's John Jahr at the world men's curling championship.

The veteran Ontario skip needed only six ends to complete the victory Sunday morning at the St. Jakobshalle. Howard improved to 3-0 later with an 8-7 win over Heath McCormick of the United States.

Howard hit a draw to the four-foot in the 10th end to win it.

"You just divorce yourself from the outcome, just throw a quality curling shot and good

## Tournament schedule

- Round-robin play continues through Thursday night and playoff games are scheduled for next weekend.

things will happen," Howard said. "I was pleased. We played really well that game."

Howard said he and teammates Wayne Middaugh, Brent Laing and Craig Savill are feeling good after the opening weekend. THE CANADIAN PRESS

## MLB

**Mended Johan Santana is Mets opening-day starter**

After a spring full of injury-related news, finally some relief for the New York Mets: Johan Santana will start on opening day.

The left-hander, returning from shoulder surgery performed in September 2010, met with manager Terry Collins Sunday. Collins announced

Santana was set to pitch against the Atlanta Braves.

"It means that everything we've done from surgery to today has paid off," Santana said.

THE ASSOCIATED PRESS

**ATP tennis. Djokovic dominates Murray as he picks up another title**

Top-ranked Novak Djokovic won his third Sony Ericsson Open title Sunday, holding every service game to beat Andy Murray 6-1, 7-6 (5) in Key Biscayne, Fla.

Djokovic also won in 2007 and last year. Only six-time champion Andre Agassi won more men's titles.

Djokovic didn't lose a set in six rounds, and saved 25 of 30 break points against him.

He improved to 20-2 this year and 90-8 since the start of 2011. He has won five Grand Slam titles, including the past three in a row.



Novak Djokovic celebrates on Sunday.

MATTHEW STOCKMAN/GETTY IMAGES

Now begins the clay season culminating with the French Open, the only major event Djokovic has yet to win.

THE ASSOCIATED PRESS

## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	78	50	21	2	5	217	173	107	27-10-0-2	23-11-2-3	7-3-0-0	W4
dx-Boston	78	46	28	1	3	257	192	96	23-13-1-2	23-15-0-1	6-3-0-1	W1
d-Florida	79	37	25	6	11	193	217	91	20-9-1-9	17-16-5-2	4-2-1-3	L3
x-Pittsburgh	79	48	25	3	3	268	214	102	27-10-2-0	21-15-1-3	5-4-1-0	L1
x-Philadelphia	79	46	24	2	7	257	222	101	21-12-1-5	25-12-1-2	6-2-0-2	W1
x-New Jersey	79	45	28	2	4	219	205	96	22-13-0-4	23-15-2-0	5-4-0-1	W3
x-Ottawa	79	41	28	6	4	245	231	92	20-15-2-2	21-13-4-2	5-3-0-2	W4
Washington	79	40	31	4	4	212	223	88	25-11-2-2	15-20-2-2	5-3-1-1	W2
Buffalo	79	38	31	4	6	208	219	86	20-12-3-5	18-19-1-1	6-2-0-2	L2
Winnipeg	79	36	34	5	4	213	233	81	23-13-1-3	13-21-4-1	4-5-1-0	L1
Tampa Bay	78	36	35	4	3	223	268	79	24-14-1-2	21-22-3-2	5-5-0-0	W1
Carolina	79	31	32	10	6	208	237	78	19-14-2-5	12-18-8-1	5-5-0-0	W1
Toronto	79	34	36	4	5	222	252	77	17-16-3-4	17-20-1-1	4-5-0-1	W1
NY Islanders	79	33	35	7	4	194	241	77	16-18-5-1	17-17-3-2	6-3-0-1	L2
Montreal	79	29	35	4	11	202	221	73	14-15-2-8	15-20-2-3	2-3-3-2	L4

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	79	49	21	2	7	239	191	107	25-10-0-4	24-11-3-2	7-2-1-0	W6
dx-St. Louis	79	48	21	1	9	204	156	106	30-5-1-3	18-16-6-4	4-3-0-3	L2
d-Los Angeles	79	39	27	5	8	185	170	91	21-14-0-4	18-13-5-4	8-2-0-0	L1
x-Detroit	79	47	27	3	2	242	196	99	31-6-1-1	16-21-2-1	3-5-2-0	W1
x-Nashville	79	45	26	3	5	227	208	98	24-10-2-3	21-16-1-2	4-5-0-1	L1
x-Chicago	79	44	26	4	5	240	229	97	27-8-1-4	18-17-3-1	7-1-0-2	W2
Phoenix	79	39	27	3	10	206	202	91	21-13-2-4	18-14-1-6	5-2-0-3	W2
San Jose	79	40	29	5	5	214	201	90	25-12-2-1	15-17-3-4	6-4-0-0	W1
Dallas	79	42	32	1	4	207	212	89	22-14-0-3	20-18-1-1	4-6-0-0	L2
Colorado	80	41	33	4	2	205	209	88	22-15-1-1	19-18-3-1	5-3-1-1	W1
Calgary	80	35	29	7	9	194	222	86	21-12-1-5	14-17-6-4	2-3-3-2	L3
Anaheim	78	33	34	5	6	194	217	77	21-17-2-0	12-17-3-6	4-5-1-0	L1
Minnesota	78	33	35	2	8	168	215	76	19-16-1-3	19-19-1-5	4-6-0-0	W2
Edmonton	78	31	38	3	6	208	230	71	18-17-2-3	13-21-1-3	5-3-1-1	L2
Columbus	79	27	45	2	5	190	255	61	16-21-1-2	11-24-1-3	5-5-0-0	W3

x — clinched playoff berth; d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Sunday's results

Ottawa 5 N.Y. Islanders 1

Philadelphia 6 Pittsburgh 4

Detroit 2 Florida 1 (SO)

Boston at N.Y. Rangers

Minnesota at Chicago

Edmonton at Anaheim

## Saturday's results

Toronto 4 Buffalo 3

Vancouver 3 Calgary 2 (OT)

Ottawa 4 Philadelphia 3 (SO)

Tampa Bay 3 Winnipeg 2 (OT)

Washington 3 Montreal 2 (SO)

Boston 6 N.Y. Islanders 3

New Jersey 5 Carolina 0

Chicago 5 Nashville 4

Columbus 5 St. Louis 2

Minnesota 4 Los Angeles 3 (SO)

Phoenix 4 Anaheim 0

San Jose 3 Dallas 0

## Tonight's games

Washington at Tampa Bay, 7 p.m.

Edmonton at Los Angeles, 10:30 p.m.

## Tomorrow's games

Toronto at Buffalo, 7 p.m.

N.Y. Islanders at New Jersey, 7 p.m.

N.Y. Rangers at Philadelphia, 7 p.m.

Pittsburgh at Boston, 7:30 p.m.

Carolina at Ottawa, 7:30 p.m.

Winnipeg at Florida, 7:30 p.m.

Minnesota at Nashville, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Anaheim at Vancouver, 10 p.m.

Columbus at Phoenix, 10 p.m.

## SENATORS 5, ISLANDERS 1

## First Period

1. N.Y. Islanders, Streit 7 (Tavares, Moulson) 7:55

2. Ottawa, Turris 11 (Michalek, Gonchar) 16:40

Penalties — Cowen Ott (illegal check to head minor) 2:10, Neil Ott, Haley NYI (fighting) 8:26, Michalek Ott (holding) 9:32.

## Second Period

3. Ottawa, Gonchar 5 (Michalek, Turris) 3:09 (pp)

4. Ottawa, Michalek 35 (Turris, Butler) 6:00

5. Ottawa, Foligno 15 (Winchester, Greening) 13:21

Penalties — Tavares NYI (hooking) 1:50, Bailey NYI (slashing) 19:14.

## Third Period

6. Ottawa, Turris 12 (Foligno, Karlsson) 7:00 (pp)

Penalties — Haley NYI (roughing) 5:13, Gonchar Ott (interference) 17:24.

## Shots on goal

Ottawa 13 10 9 32

N.Y. Islanders 9 9 12 30

Goal — Ottawa: Anderson (W, 33-20-6); N.Y. Islanders: Montoya (L, 8-9-5). Power plays (goals-chances) — Ottawa: 2-3; NYI: 0-3. Att. — 14,210 (16,234) at N.Y. Islanders.

## SCORING LEADERS

G A PT

Malkin, Pgh 48 54 102

Stamkos, TB 56 36 92

Giroux, Pha 27 59 86

Spezza, Ott 32 50 82

Kovalchuk, NJ 34 46 80

Neal, Pgh 38 41 79

Kessel, Tor 37 41 78

H.Sedin, Vcr 13 65 78

Tavares, NYI 31 46 77

Karlsson, Ott 19 58 77

Hossa, Chi 29 47 76

Ra.Whitney, Phx 24 51 75

Eberle, Edm 33 41 74

Yesterday's games not included

## TENNIS

## ATP-WTA

## SONY ERICSSON OPEN

At Key Biscayne, Fla.

Yesterday's result

Men's Singles — Final

Novak Djokovic (1), Serbia, def. Andy Murray (4), Britain, 6-1, 7-6 (5).

Saturday's results

Women's Singles — Final

Agnieszka Radwanska (5), Poland, def. Maria Sharapova (2), Russia, 7-5, 6-4.

Men's Doubles — Final

Leander Paes, India, & Radek Stepanek (7), Czech Rep., def. Max Mirnyi, Belarus, & Daniel Nestor (2), Toronto, 3-6, 6-1, 10-8 tiebreak.

WEEK 13

Women's Singles — Final

Yuriy Hanyu, Japan, 173.99.

Also

13. Kevin Reynolds, Coquitlam, B.C., 144.25.

Final Standings

1. Patrick Chan, Toronto, 176.70 points.

2. Yuzuru Hanyu, Japan, 173.99.

3. Daisuke Takahashi, Japan, 173.94.

WOMEN

1. Carolina Kostner, Italy, 128.94 points.

2. Akiko Suzuki, Japan, 121.30.

3. Ashley Wagner, United States, 120.35.

# Rematch for national glory

**NCAA.** Kentucky, Kansas championship game is familiar matchup for Wildcats' coach Calipari

Well, this matchup is going to look familiar.

John Calipari and his Kentucky juggernaut will face Kansas for the national championship on Monday night. That would be the same school that beat Memphis in overtime for the NCAA title in 2008, back when Calipari was coaching the Tigers.

It also would be the same Kansas team that the Wildcats beat back in November.

"We're worried about us playing at our best," Calipari said after Kentucky held off pesky Louisville 69-61 in the first semifinal Saturday. "We did not play at our best tonight. We played good, but that wasn't our best.... So maybe Monday is our best. We're just worried about us."

Top-seeded Kentucky (37-2) is back in the title game for

## Celebrate with fire

Riot police used pepper spray in small amounts for crowd control as thousands of rowdy fans swarmed into the streets near the University of Kentucky campus, overturning cars and lighting couches ablaze after a victory over cross-state rival Louisville in a Final Four matchup.

Lexington police spokeswoman Sherelle Roberts said 150 officers deployed on the streets at one point to quell what she called "a very dangerous situation with the fires and the violence" that dragged on for hours.



Anthony Davis of Kentucky celebrates the Wildcats' 69-61 win over Louisville on Saturday in New Orleans. RONALD MARTINEZ/GETTY IMAGES FILE

the first time since 1998, when it won its seventh NCAA championship.

Down 13 in the first half, resilient Kansas (32-6) needed a furious comeback against Ohio State to reach the championship game, where it will play for its fourth NCAA title.

"It's a dream to play the best team in the country, who

is up until now, hands down, the most consistent," Kansas coach Bill Self said. "It's a thrill. And I think it's even more of a thrill for us, because I don't think anybody thought we could get here."

That 2008 squad Calipari had in Memphis was stocked with talent, led by future NBA

MVP Derrick Rose. But the Tigers missed four free throws down the stretch and blew a late nine-point lead in an overtime loss to Mario Chalmers and the Jayhawks.

These Wildcats, however, are in a totally different class. Anthony Davis has won just about every player of the year



Travis Releford celebrates the Jayhawks' 64-62 win over the Ohio State Buckeyes on Saturday in New Orleans. JEFF GROSS/GETTY IMAGES FILE

award there is, and Louisville coach Rick Pitino likened him to Bill Russell after Saturday night's game.

The 19-year-old doesn't look like a freshman, and he doesn't play like one, recording his 20th double-double against Louisville with 18 points and 14 rebounds. He

missed just one of his eight shots, and also had five blocks and a steal.

"Anthony Davis is as fine a basketball player as there is," Pitino said.

Then there are the rest of the Wildcats.

They shot a blistering 57 per cent Saturday and had two other players besides Davis in double figures. Darius Miller scored 13 points and Doron Lamb added 10. Michael Kidd-Gilchrist had nine in just 23 minutes due to foul trouble.

Few people would have expected the Jayhawks to seriously contend for a championship as they scuffled through the early part of the season. They were 7-3 midway through December and struggling to find an identity, but a team meeting helped Kansas find its focus, and the Jayhawks simply refuse to lose. They've lost just two games since Feb. 7, and keep eking out wins in the NCAA tournament.

"It's pretty cool to have the winningest program of all time and the second-winningest program of all time hooking up on Monday night," Self said. **THE ASSOCIATED PRESS**

## metro

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**The candidate must have:**

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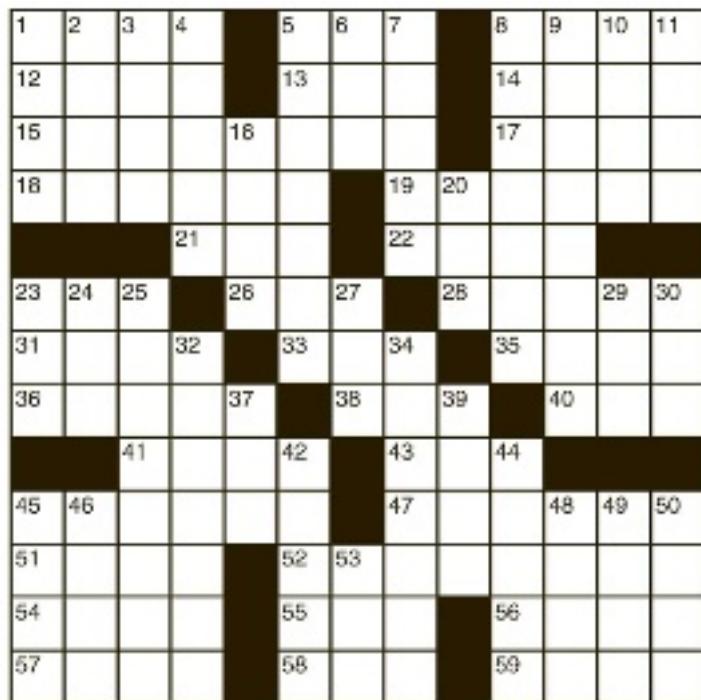
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White Microwave Stand.  
Great shape and good for storage.  
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Crossword

**Across**

- 1 Air pollution
- 5 Shade provider
- 8 Mid-month date
- 12 Staffer
- 13 Grass-skirt accessory
- 14 Castle protector
- 15 Likely loser
- 17 Taj Mahal city
- 18 Rent payer
- 19 Much
- 21 Listener
- 22 Small combo
- 23 Mrs. O'Leary's troublemaker
- 26 Thickness
- 28 Coach Rockne
- 31 Quid pro quo
- 33 "Undeniably"
- 35 Birthright
- barterer
- 36 Prelude
- 38 Spigot
- 40 Blunder
- 41 Cornfield commentaries
- 43 Be a couch potato
- 45 For some time
- 47 Eagles' nests
- 51 Auction offers
- 52 Li'l Abner's hometown
- 54 Lotion additive
- 55 Before
- 56 Antitoxins
- 57 Pleads
- 58 Scarlet
- 59 Cockily confident

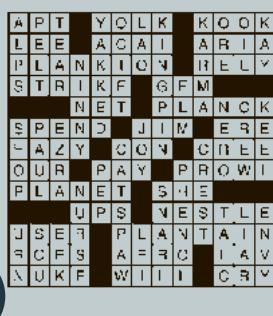


song  
9 Place of disfavor  
10 "My Name Is  
—"  
11 Remain  
16 Harvest  
20 Annoy  
23 Marg Helgenberger series  
24 "My — Private  
Idaho"  
25 Guardian  
27 Nevertheless  
29 Pitch  
30 A cont.  
32 Lauds  
34 Attacked brutally  
37 Pussycat's partner  
39 Incubator noise

42 Passover dinner  
44 Lawn  
45 Quatrain rhyme scheme  
46 — E. Coyote  
48 Particular  
49 Beige  
50 Rug type  
53 Raw rock

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer



Down

1 Author Bellow  
2 Greedy one's call  
3 Probability  
4 Gaggle members  
5 On in years  
6 Zodiac sign  
7 Power  
8 John Lennon

Horoscope

**Aries** | March 21 - April 20.  
You don't have to make a big display of your emotions.

**Taurus** | April 21 - May 21.  
You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

**Gemini** | May 22 - June 20.  
You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

**Cancer** | June 21 - July 22.  
If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

**Leo** | July 23 - Aug. 22.  
A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

**Virgo** | Aug. 23 - Sept. 22.  
Don't dwell on the past today or you could miss out on a wonderful future.

**Libra** | Sept. 23 - Oct. 22.  
Your rivals and enemies are not as tough as they look.

**Scorpio** | Oct. 23 - Nov. 21.  
Don't let other people drag you down with their negative attitudes today.

**Sagittarius** | Nov. 22 - Dec. 21.  
According to the planets a friend or relative has something

important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

**Capricorn** | Dec. 22 - Jan. 20.  
You like a challenge but that is no reason to make life hard for yourself.

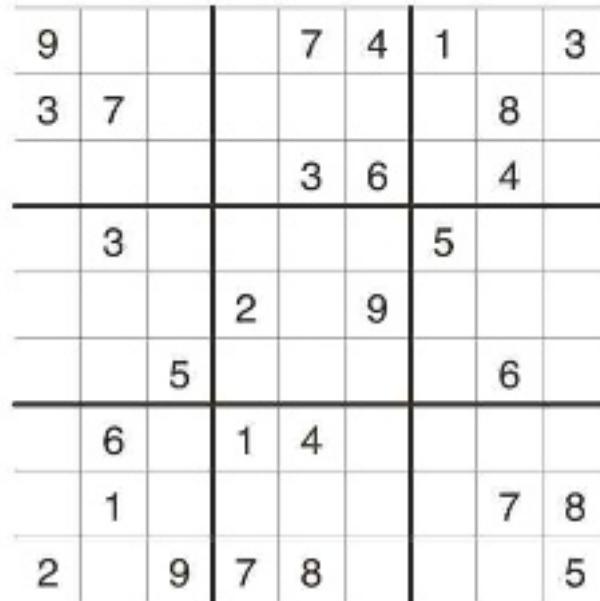
**Aquarius** | Jan. 21 - Feb. 18.  
Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

**Pisces** | Feb. 19 - March 20.  
A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON

**NEED COOL DESIGN TIPS?**  
Read metrohome every Thursday.

Sudoku



Friday's answer

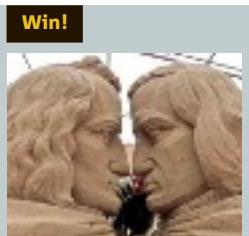


Today  
9°/-4°  
Sunny

Tuesday  
9°/1°  
Partly cloudy

Know what the weather will be 14 days from now. Check the 14 day trend.

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st:32895 • \$15,950 • bw:\$131\*\*\*

**07 NISSAN QUEST**  
LOADED, A/C, AUTO • 95995km  
st:32409 • \$13,650 • bw:\$147\*

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LOADED, A/C, AUTO • 107112km  
st:32664-A • \$13,750 • bw:\$128\*\*

**08 MAZDA B2300**  
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### 09 TOYOTA VENZA AWD

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st:31787 • \$24,850 • bw:\$231\*\*

### 07 CHEVROLET OPTRA 5

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st:32802 • \$8,360 • bw:\$90\*

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st:31654 • \$10,950 • bw:\$118\*

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### 07 TOYOTA RAV4 4WD

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LOADED, A/C, AUTO • 59919km

st:33138 • \$25,890 • bw:\$204\*\*\*

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